

Potatoes, Parsley Buttered15

Number of Servings: 15 (102.06 g per serving)

Amount	Measure	Ingredient
3 1/4	lb	Potatoes, russet, w/skin, fresh
1/4	cup	Margarine, soft, hydrog & reg soybean oil, Gold n Soft
6 3/4	tsp	Parsley, dehyd

Nutrients per serving

Nutrition Facts			
Serving Size (102g)			
Servings Per Container			
Amount Per Serving			
Calories 100	Calories from Fat 25		
% Daily Value*			
Total Fat 3g	5%		
Saturated Fat 0.5g	3%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 30mg	1%		
Total Carbohydrate 18g	6%		
Dietary Fiber 1g	4%		
Sugars 1g			
Protein 2g			
Vitamin A 2%	Vitamin C 35%		
Calcium 2%	Iron 4%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Notes

12# AP = 10# EP

Wash and eye potatoes (peeling can be left on) and dice or quarter. Boil in water until tender and drain. (OR use 1/2 cup of rehydrated dried potato slices may be used for each serving)

Melt margarine and add dehydrated parsley, pour over drained potatoes. Keep potatoes ~ 160 degrees F in steamtable (Potentially Hazardous Food). Serve 4 oz spoodle or #8 scoop per serving.

1/2 c or #8 scoop = 18 grams carbohydrate = 1 carb serv

1/2 c = 1 vegetable serving